



# Heart Easy Quiz

**DIRECTIONS:** Circle the best answer.

Name \_\_\_\_\_

**1.** Where can you find your heart?

- A.** in your lungs
- B.** in your chest
- C.** in your stomach
- D.** in your head

**4.** How can you lower your pulse after you exercise?

- A.** Do a lot of jumping jacks.
- B.** Stretch and walk around.
- C.** Drink a soda with caffeine.
- D.** Jump rope and dance.

**2.** Which is part of the circulatory system?

- A.** stomach
- B.** skin
- C.** veins
- D.** muscles

**5.** Which is the BEST way to keep your heart healthy?

- A.** Eat potato chips.
- B.** Exercise everyday.
- C.** Sing quiet songs.
- D.** Play board games.

**3.** When do you think your heart beats the slowest?

- A.** while you are running
- B.** while you are asleep
- C.** while you are laughing
- D.** while you are angry

